

Iron Deficiency Anemia Among Children Fact Sheet

Healthy People 2010 Goal: To reduce the prevalence of anemia to 5% among 1 to 2 years old and to 1% among 3 to 4 years old.

Consequences: Delays in childhood growth and development and effects in several organs due to depletion of body's ability to transport oxygen to the cells.

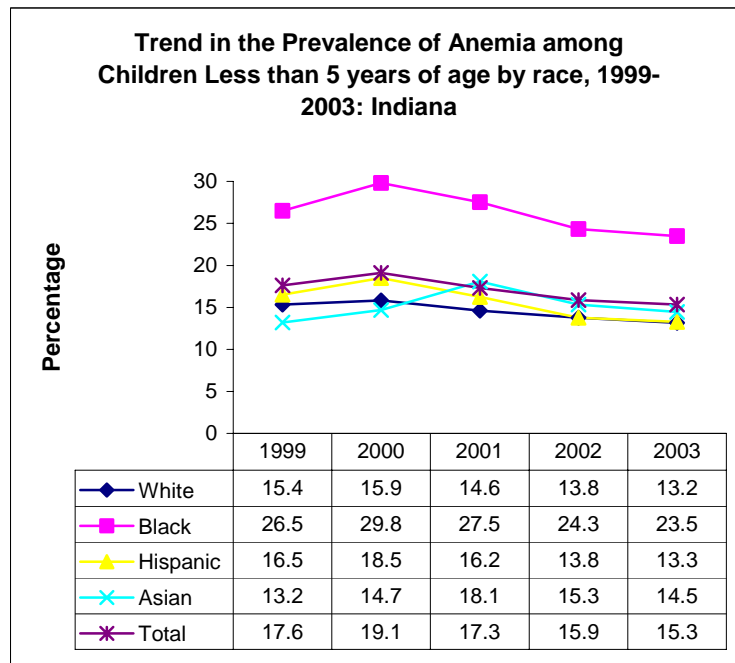
Causes: Nutrient deficiencies, infection, inflammation, and hereditary.

Prevalence in Indiana:

- The prevalence of anemia among overall, white and black children of less than 5 years age was 15.3%, 13.2% and 23.5% respectively.

Trends toward Healthy People 2010 Goal:

- According to the Indiana Pediatric Nutrition Surveillance System (PNSS) data (collected from WIC participants), over the last five years, incidence of anemia among children of lower income families has fallen from 17.6% in 1999 to 15.3% in 2003, an improvement but still short of the goal set in the Healthy People 2010 objectives.
- Although all races are far above the Healthy People 2010 goals for incidence of anemia, African American anemia rates are significantly worse than any other racial or ethnic group (See Fig).



Source: Pediatric Nutrition Surveillance System, Centers for Disease Control